



2nd Annual Lancer Track & Field Invitational

- Date: Friday, May 06, 2016
- Location: Eastridge High School
2350 E. Ridge Road
Rochester, NY 14622
- Time: 4:30PM (4:15 Coaches meeting)
- Facilities: 8 lane all-weather track with steeplechase pit, 2 LJ/TJ pits, 2PV pits, 2 HJ mats, 1 shot/discus circle. 2,500 seat stadium for team and spectator viewing with bathrooms located under stadium.
- Entry Fee: \$100 per single gender team (plus a voucher) **THE FIRST 16 PAID SCHOOLS
\$150 for both boys and girls team (plus a voucher) WILL BE ENTERED IN MEET.**

Please send payment to:
***East Irondequoit Athletic Office
Attn. Sean Curynski
2350 E. Ridge Road
Rochester, NY 14622***

Make checks payable to:
“Eastridge All Sports Boosters”

**Please email intent to participate by Friday, April 22nd to:
Sean_Curynski@eastiron.monroe.edu**

- Entries: Entries will be done online through Yentiming.com.
I will email you when the entry window will be available for you to enter your team online.
- Each team will be allowed to enter 4 athletes for all laned events (4 girls & 4 boys) and unlimited entries for non-laned events.
- In the field events, you may enter 3 boys and 3 girls per field event.
Athletes will be allowed to do 4 events.

Results: Fully Automated Timing provided by Yen timing and results will be posted on Yentiming.com

Awards: Team Trophies-
Boys Winning Team Scoring- 10, 8, 6, 5, 4, 3, 2, 1
Girls Winning Team Ribbons 1- 8 in each event

Other: Concession stand will be open
T-shirts will be available for sale
Spectator parking on school campus
Bus parking will be in front of the school parallel to Ridge Road



Order of Events: All running events will be conducted as finals. Sections, lanes and flights will be seeded according to entry times or distances. Sections will run from slow to fast. All athletes in running events will wear a hip number.

Track Events

G/ 100m Hurdles
B/ 110m Hurdles
G/ 2000m Steeple (*Unlimited entries*)
B/ 3000m Steeple (*Unlimited entries*)
G/ 4x100m Relay
B/ 4x100m Relay
G/ 4x400m Relay
B/ 4x400m Relay
G/ 1500m Run (*Unlimited entries*)
B/ 1600m Run (*Unlimited entries*)
G/ 100m Dash
B/ 100m Dash
G/ 400m Dash
B/ 400m Dash
G/ 3000m Run (*Unlimited entries*)
B/ 3200m Run (*Unlimited entries*)
G/ 400m Hurdles
B/ 400m Hurdles
G/ 800m Run
B/ 800m Run
G/ 200m Dash
B/ 200m Dash
G/ 4x800m Relay
B/ 4x800m Relay

Field Events

Boys Discus/Girls Shot Put, then...
Boys Shot Put/Girls Discus

New for 2016-

All athletes will get 3 throws. Top 9 athletes advance to finals and get 3 additional throws.

Boys Long Jump (East pit)
Girls Long Jump (West pit)

Boys Triple Jump (West pit)
Girls Triple Jump (East pit)

Girls High Jump (Start at 4' 00")
Boys High Jump (Start at 5' 00")

Girls Pole Vault (Start at 7' 00")
Boys Pole Vault (Start at 8' 00")

